

M O N D A Y

8:00am Yoga	Alexis	B
8:30am Lift	Donita	A
9:00am Aqua Tone&Stretch Sue	Pool	
9:30am Spin	Steven	SR
9:35am NTL Yoga (chair)	Kristen	B
9:30am High Fitness	Taylor	A
10:30am Lift	Chelsey	B
10:35am NTL Cardio	Donita	A
1:00pm Tai Chi	Scott	B
5:00pm Lift	Amy	A
6:00pm High Fitness	Amy	A
7:00pm Yoga	Heather	B
7:15pm Dance Fitness	Shannon	A

T U E S D A Y

8:00am Pilates Mat	Donita	studio
8:30am Dance Fitness	Trish	A
9:00am 30/30 Cardio/Stretch	Cathy	Pool
9:00am Spin	Gina	SR
9:30am Qi Gong	Melissa	B
9:30am 30High/30Surge	Amy	A
10:30am Barré	Taylor	B
10:35am SS Classic	Lynne	A
1:30pm Gentle Yoga (mat)	Steven	A
5:00pm Surge Strength	Taylor	A
5:30pm Spin	Dondea	SR
6:00pm High Low	Mariah	A
6:00pm Yoga	Diana	B
7:15pm Dance Fit GLOW	Shannon	A

W E D N E S D A Y

6:30am Yoga	Sarah	B
8:30am Lift	Steven	A
9:00am Aqua Tone&Stretch	Cathy	Pool
9:00am Spin	Leslie/Heather	SR
9:30am High Low	Amy	B
9:30am NTL Step&Weights	Lynn/Donita	A
10:30am BTB	Chelsey	B
10:35am NTL Yoga (chair)	Steven	A
5:00pm BTB	Anna	B
5:00pm Cardio Fuse	Amy	A
6:00pm Pilates Mat	Amy	studio
6:30pm Yoga	Alexis	B

T H U R S D A Y

8:30am Dance Fitness	Trish	A
9:00am 30/30 Cardio/Stretch	Cathy	Pool
9:00am Spin	Liz	SR
9:30am Tai Chi	Melissa	B
9:30am Lift	Donita	A
10:30am High Fitness	Amy	B
10:35am SS Classic	Donita	A
1:30pm Gentle Yoga (mat)	Steven	A
5:00pm Surge	Taylor	A
5:30pm Spin	Elissa/Steven	SR
6:00pm High Low	Shelby	A
6:30pm Yoga Restore	Diana	B

F R I D A Y

6:30am Yoga	Steven	B
8:00am Pilates Mat-level 1	Jenica	studio
8:45am Shredz Express (45 min)	Tanya	A
9:00am Aqua Tone&Stretch	Sue	Pool
9:00am Spin	Linda	SR
9:30am 30 High/30 Surge	Taylor	B
9:35am NTL Cardio	Lynne	A
10:00am Splash	Donita	Pool
10:30am BTB	Brenda	B
10:45am NTL Yoga (chair)	Steven	A
12:00pm High Low	Andrea	A
5:30pm Dance Fitness	Shannon	A

S A T U R D A Y

8:00am Lift	Danielle	B
8:45am Aqua Zumba	Kimberly	Pool
9:00am Spin	Elissa/Linda	SR
9:00am BTB	Diana	B
9:00am High Fitness	Mariah	A
10:00am Surge Strength	Taylor	A
10:00am Yoga (75 min)	Deb	B
11:30am NTL Yoga	Steven	B

S U N D A Y

9:00am Spin	Leslie	SR
9:00am High Fitness	Amy C	A
10:15am Yoga (90 min)	Diana	A
Core/Restore		